

Best Chance Network Says: Take Charge Of Your Life!

Yearly

Have a breast exam done by a doctor or nurse.

Have a mammogram if you are 40 or older.

Monthly

Do breast self-exams. If you do not know how to check your breasts, ask your doctor or nurse to teach you.

Right Away

If you find a lump, skin change, or any other changes or unusual discharge from your nipple(s), see a doctor or nurse.

**If you are 47 - 64 years old, call the
American Cancer Society at 1-800-227-2345
and ask about eligibility for the Best Chance Network.**

**AMERICAN
CANCER
SOCIETY®**



**TAKE CARE OF YOURSELF!
YOU ARE WORTH IT.**



ML-002064 MAC 8/03



***Performing a Breast
Self-Examination***

Breast Self-Examination

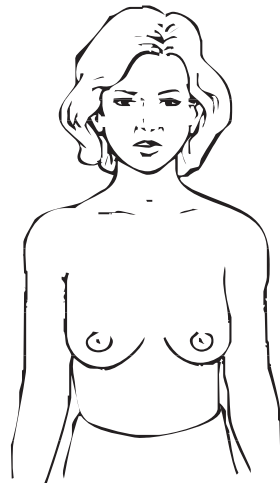
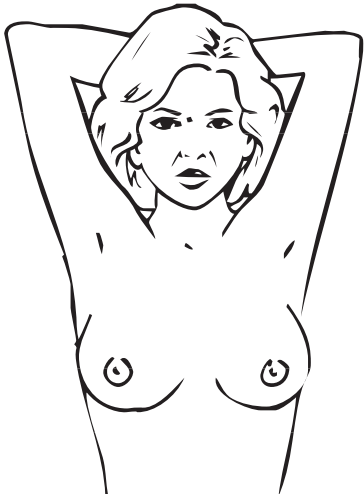
Every woman should check her breasts once a month. You can find a lump that could be cancer by feeling your own breasts. This is called a breast self-examination.

When to check your breasts

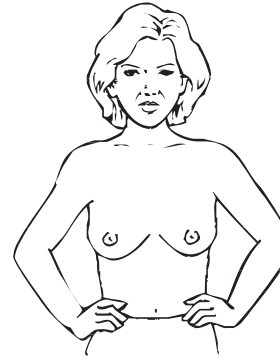
Always check your breasts at the same time each month. The best time to do this is 2 to 3 days after your period, when your breasts are not sore or swollen. If you do not have periods anymore, pick a date, such as the first of the month.

How to check your breasts

1. Take off your shirt and bra and stand in front of a mirror. If you see any redness, swelling, wetness around your nipples, or if the skin looks wrinkled or flaky, see a doctor or nurse right away.



2. Hold your hands behind your head and press your hands forward. Watch in the mirror for any change in the shape of your breasts, including dimples or rashes.



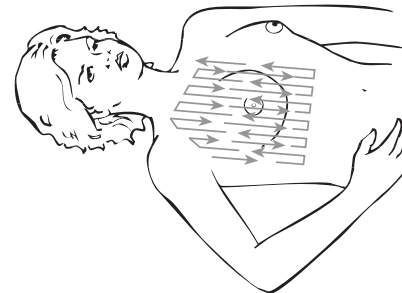
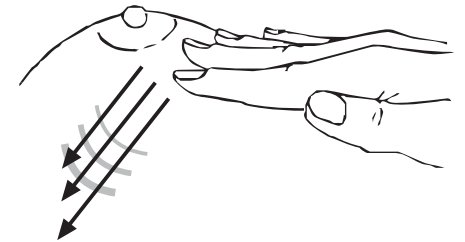
3. Press your hands firmly on your hips. Bend a little toward the mirror as you pull your shoulders and elbows forward. Look again for any change in the shape of your breasts. ***If you see any changes, see a doctor or nurse right away!***

4. Do not squeeze your nipple. Some women will always see a milky or clear discharge if they squeeze. If the discharge stains your night clothes or underwear, if it is bloody, or if it has an odor, ***see a doctor or nurse right away!***



5. Lie down and put a folded towel or pillow under your right shoulder. Place your right hand behind your head. Use the pads of the three middle fingers of your left hand to feel your breast. You may use lotion or powder for smoothness.

Starting at your right arm pit, press lightly using dime size circles, then a little harder, then deeply, searching the area between the collar bone and bra line and from your side to the middle of the chest.



If you feel a lump see a doctor or nurse right away.